

HEY MOM, DAD!

For a worry free and tasty lunch, pack foods that can be eaten at room temperature such as:

- peanut butter and jelly sandwiches
- dry cereal
- dry meats such as beef jerky
- baked products such as cookies and cakes
- canned meat or poultry products that are eaten immediately
- granola or cereal bars
- dried fruit, whole, fresh fruit, and vegetables
- whole grain crackers or rice cakes
- unopened apple sauce, pudding or gelatin dessert cups.

YUM! ♣



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BACK TO SCHOOL



How to Pack a Safe Lunch



First, let's go shopping!



You can involve your kids in food safety by educating them while you shop! Here are some basic rules to follow when shopping to ensure buying wholesome food:

- Check eggs for cracks.
- Avoid dented or bulging cans.
- Read the “sell by” and the “use by” date to ensure you’re buying fresh food.
- Select the foods with the highest risk for spoilage just before check out.
- Look closely at your produce to avoid buying moldy or bruised food.
- Touch/squeeze frozen items to ensure they are frozen.
- Touch refrigerated items to ensure they are cold.
- Put raw poultry, meat or fish in separate plastic bags to protect the other foods in your cart from cross contamination. ♣

It may seem that the back-to-school challenge is to fill your family’s lunchboxes with new and interesting foods, but the real challenge is protecting the food from bacterial growth. Help protect your family from food poisoning with 7 steps to packing a safe lunch.



Seven Steps To Packing a Safe Lunch

1. Prepare the lunch with clean hands, surfaces and utensils. Ensure the cutting board and utensils you are using are free from bacteria by sanitizing them in a solution of 1tsp of bleach in 1 quart of water.

2. Wash fruits and vegetables thoroughly and use only fresh meats and cheeses.

3. Place foods into a clean, insulated lunch box directly from the refrigerator or freezer. You should clean the lunch box daily with hot, soapy water to rid it of possible bacteria. *Never re-use paper sacks.

4. Keep hot foods at 140°F until lunch. Heat a thermos first by filling it with boiling water for about 5 minutes, then fill it with hot food.

5. Keep cold foods at 40°F until lunch. Use a commercial ice pack, frozen yogurt or frozen juice boxes to keep food chilled. You can use a chilled thermos to keep milk cold.

6. If you make sandwiches the night before, keep the sandwiches in the refrigerator and pack them in the morning.

7. Teach your kids to keep their lunches out of the sun. ♣

